



Web: www.mcdanielnutrition.com
Email: www.mcdanielnutrition@gmail.com

Realistic Resolutions to Shape a Healthier You

Will you be one of the 40-45% of Americans to set New Year's Resolutions? Health & fitness goals typically top the resolution charts. However, it is commonly known that these goals don't have a very high success rate. If you are a regular gym goer, you probably get frustrated with the increased activity in January which typically dies down by March. Why can't people make goals stick? Why do we make the **same** resolutions year after year?

The purpose of December's "*Nutrition Connection*" is to offer some suggestions on ways to set goals that stick.

Examine Your Support System

Diet support: While intentions to eat better and exercise more might be realistic, it serves you well to examine your everyday environment (ie. Workplace, home, kitchen). Does it enhance or hinder your progress? As an example, if the work breakroom houses cookies & pastries, see if others might be interested in stocking a healthier meeting place. OR You might have to find ways to avoid the room altogether and at least don't enter hungry!

Exercise support: Enlist exercise partners. You are much more likely to roll out of bed at 5 a.m. if someone is waiting on you. Research shows that when we exercise with others, we burn more calories. Whether we know it or not, we tend to push ourselves harder when we exercise with a buddy. It tends to be more fun as well!

Goal support: Share your goals with as many people as you can to not only hold yourself accountable, but to also motivate others.

Start Small

Want to lose weight? Forget doing it fast. Slashing calories leads to feelings of depression and most people cannot sustain feelings of constant hunger and irritability. Find ways to cut back in the range of 100-200 calories, or what could be called the *Mindless Margin* = an amount of calories that you won't notice or miss. Overtime, these small calorie cuts result in weight loss. Examples might be eliminating morning orange juice or the bag of chips with lunch.

Instead of completely eliminating favorites, find ways to make the habit, healthier. Friday pizza night could still be enjoyed but with less cheese, Canadian bacon in lieu of pepperoni and served on thin vs. thick crust. Weight loss will occur faster if you improve habits that happen often.

Journal

People who journal their foods in some form or fashion lose **2x** more weight than those who do not journal. There are many apps on your phone or computer that make this not only fairly simple, but call me crazy, kind of fun! My favorite food journal app is called: Lose It.

Lose It App



Keep Goals on Your Radar

For many of us, goals simply slip from our radar, and there is no active way to monitor progress. Identify the purpose and benefits of your goals, write them down, and place them somewhere in your house where you see them everyday.

Cook More at Home

If one of your 2013 goals is to cook more at home, then a slow cooker/crockpot is a device that you should have on your wish list. Slow cookers make cooking a snap, and there is no better smell than the aroma of a ready-to-eat dinner when you come home from a long day at work.

Slow Cooker Fennel and Pork Stew

Serves 8

Serving size: 1 generous cup

Ingredients

- 8 cups (2-3 medium bulbs) thinly sliced fennel
- 1/4 cup chopped fennel fronds
- 1 medium onion, halved and thinly sliced
- 2 1/2 pounds pork shoulder or Boston butt, trimmed of excess fat and cut into 2-inch chunks
- 1 1/2 teaspoons kosher salt, divided
- 1 1/2 teaspoons freshly ground pepper, divided
- 2 tablespoons extra-virgin olive oil, divided
- 3/4 cup dry white wine, such as Sauvignon Blanc
- 4 cloves garlic, minced
- 1 tablespoons finely chopped fresh rosemary
- 2 teaspoons finely chopped fresh oregano
- 1 can, 28-ounce whole tomatoes, drained



Directions

Spread fennel and onion in an even layer in a 5- to 6-quart slow cooker. Cover and refrigerate fennel fronds. Sprinkle pork with 3/4 teaspoon each salt and pepper. Heat 1 tablespoon oil in a large skillet or Dutch oven over medium-high heat. Add about half the pork and cook until brown, 4 to 5 minutes. Transfer to the slow cooker. Repeat with the remaining oil and pork. Add wine to the pan and scrape up any browned bits; remove from the heat. Sprinkle garlic, rosemary, oregano, and the remaining 3/4 teaspoon each salt and pepper over the pork. Top with the drained tomatoes and pour in the wine from the skillet. Cover and cook for 5 hours on high or 7 to 8 hours on low. Stir the stew well to combine; serve garnished with the reserved fronds.

Source: EatingWell.com

Calories: 250; Fat: 13g; Sat fat: 4g; Sodium: 303 mg; Carb: 9 g; Fiber: 3g; Protein: 20 g

If you follow these guidelines your everyday foods will be much improved! For more information regarding eating healthy and other nutrition topics, please contact:

Jennifer McDaniel, MS, RD, CSSD, LD

mcdanielnutrition@gmail.com

Web: www.mcdanielnutrition.com

Twitter: @dietdivajen

Facebook: McDaniel Nutrition Therapy